

**Blue Cheese for This Steak Dish**

One of the cleverest discoveries of food science is that you can tenderize the stubbornest cuts of steak with a salt derived from a tropical melon. And what a boon to budgets papaya salt has proved!

- Gourmet Steak**  
(Topped with blue cheese)  
Makes 6 servings  
1 chuck or blade steak (cut 1 1/2 or 2 inches thick)  
Meat-tenderizing salt  
3 ounces (about 4 tablespoons) blue cheese
1. Sprinkle steak lightly and evenly on both sides with meat-tenderizing salt; prick completely through in several places with 2-tine fork; cover with waxed paper; let stand at room temperature, allowing 1/2 hour for each 1/2-inch thickness. Time accurately.
  2. Make shallow diagonal cuts 1 inch apart on both sides of steak; stuff one side with half the blue cheese; place, cheese side up, on broiler rack in heated broiler oven.
  3. Broil with top of meat 3 inches from unit or tip of flame for half the time called for in broiling timetable for thickness of meat and doneness desired; turn; broil for remaining time.
  4. Remove steak from broiler oven; quickly fill diagonal cuts in top side with remaining blue cheese; place on heated serving platter; serve at once.

**Nourishing Dish For the Busy Days**

This recipe will serve six and prove very satisfactory. In fact, it has everything except the salad, some fruit and a beverage. You're almost certain to have one or more of these combinations on the pantry shelf. Put them together any time; bake later.

- Supper Special**
- 1 can chopped ham, hamburger, frankfurters, sausage or pork loaf
  - 2 No. 303 cans whole kernel corn, hominy, or mixed vegetables
  - 1/2 cup water
  - 1 10 1/2 ounce can cream of chicken, celery, mushroom or tomato soup
  - 1 teaspoon Worcestershire sauce
  - 1/4 teaspoon mustard
  - 1/2 cup shredded cheese
- Spread vegetables in 2-quart shallow casserole or table skillet. Cover with canned meat cut into serving portions. Combine water, soup and seasonings. Pour over meat. Top with cheese. Bake in moderate oven, 375 degrees, 30 to 40 minutes. Serve hot.

**Pancake Note**

Next time you are treating your family to those All-American favorites, pancakes and syrup, try this delicious variation. Just heat the syrup, add some butter and a little sherry, and you'll have something specially good to serve over the pancakes. The meal can be prepared in jig time, of course, when pancake ready-mix is used. The syrup, too, takes just minutes to fix in this easy way:

**Sherried Pancake Syrup**

- 1 cup maple blended syrup
- 3 tablespoons butter or margarine
- 1/4 cup sherry

Put syrup in a small saucepan; add butter and sherry. Stir over low heat until butter melts. Serve warm with pancakes.

**Chops in Gravy**

The rich brown beef gravy that comes in cans is a heavenly sauce to use in cooking pork chops with stuffing. Start with 4 chops (about 1 pound). For stuffing, mix 2 cups bread cubes with 2 tablespoons minced onion, 1/4 teaspoon poultry seasoning, 2 tablespoons melted butter and 2 tablespoons water. Brown chops on both sides in a skillet; also brown some wedges of apple around the chops. Then heap about 1/2 cup stuffing on top each chop; tuck apple wedges around stuffing. Pour on 1 can (1 1/4 cups) beef gravy and cover pan. Simmer about 1/2 hour or until chops are cooked through. This is a complete dinner with buttered broccoli or green beans.

**Sweet Potato Pie**

Handsome to look at. Delicious to eat. Cook 6 medium sweet potatoes in boiling salted water until tender. Peel and mash. Add 2 tablespoons butter. Season with salt and pepper. Add 1/4 to 1/2 cup milk that has been scalded, gradually and beat until potatoes are smooth and fluffy. Amount of milk depends on potatoes. Pile in baking dish. Season 1 1/2 cups whipped cream with dash of salt; spread over potatoes. Sprinkle with brown sugar. Bake in 375 degree oven 20-25 minutes. Six servings.

**Prune Confection**

An attractive confection that's always popular with children and grownups alike is made this way: Pit steamed prunes and fill each with a walnut half. Dip the prunes in and out of hot honey. Let stand on waxed paper about 15 minutes. Then roll in granulated sugar.

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